

2019? Opening Hours
 Mon - Sat 10am – 5.30pm
 Sunday 11am – 5pm

GALE Gardening Group; Tuesday mornings, 10 – 12pm

The GALE Gardening Group at Good for Ewe at Inverasdale is up and running again from 10 - 12 noon on Tuesdays mornings! This group includes parents and children and is for anyone with an interest in growing outdoors or in the polytunnel. We are still growing lettuces, leeks, broccoli and much more! We have big plans for growing tasty fresh food for the table. Usually, an hour or two in the garden is followed up by a cuppa and some cake or scones, so it is very sociable and everyone is welcome!

Please contact Jenni for any further information or just come along!
 jenni@galeteam.co.uk

**Elizabeth Larson Knitwear Exhibition
 4 March – 31 March 2019**



Jan Appleton is the designer / maker behind Elizabeth Larsen Knitwear who will be exhibiting at the GALE Centre 4th March - 31st March. Each design is individually knitted and finished using the finest of yarns in her workshop in Gairloch, Highlands of Scotland.

Jan finds inspiration from the natural landscape and living in an area of outstanding natural beauty and easy to understand why!

GALE Seed Swap Event – Success!

The GALE Outdoor Learning Project's event to launch the annual Seed Swap, took place on the 19th February. During the afternoon a range of fun activities entertained 15 children, and their parents, including the Chopstick Challenge, bean planting, Gnome stick marker making and face painting. After a delicious Open House meal of chilli with all the trimmings followed by sticky toffee pudding, we gathered to "Get Ready for Growing!"

Sharing Knowledge



This year we decided on a Knowledge Share so everyone could join in! In total 15 people shared their knowledge on a wide range of growing issues, ranging from dealing with the sometimes challenging soil and climate conditions, favourite varieties and biodynamics. Thanks especially to Rachel Wake and Tania Mackenzie, and to everyone who joined in.

Thanks to our supporters!

Then, time to launch the 2019 Seed Swap. Thanks to the generosity of MacDonalds Hardware in Dingwall, local GALE supporter Margaret Mason and other supporters and volunteers we have a wide variety of fresh, viable flower, fruit and vegetable seed this year, with some intriguing varieties in the mix. (What on earth is Tomato Viagra?!)

We have set up the full Seed Swap display in the centre where it will remain for the next few weeks, so everyone is welcome to come and take something away to try!

Show your work at The GALE Centre!

We are now in the process of planning exhibitions for 2019 and we are keen to encourage new local artists and crafts people to join us this year!

We will be offering an open exhibition at the GALE Centre during the Summer for local people to display a maximum of 2 artworks, in any medium, for sale. We are particularly keen to encourage people who have never exhibited their work anywhere before.

We offer a display stand with all picture hangers provided. We will also provide display tickets and poster display material if necessary.

Advertising of the exhibition is by poster at several sites locally, GALE Facebook posts (at least 2), GALE website, Twitter and an entry on the GALE page of the Gairloch and District Times. There is no charge to be part of the exhibition but we will take a commission of 30% on each sale. All sales will go through the till and payment is made (minus the 30%) at the end of the month (depending on



the finishing date of the exhibition) by BACS. Exhibitors must be members of GALE at a cost of £5

So, if you would like to be part of this Summer exhibition please contact Rose on rose@galeteam.co.uk or call 01445 712071. Alternatively, if you would like to come along and discuss the options, I am available on Mondays, Thursdays and Sundays in person at the Gale Centre. Pop in for a chat!

GALE is a membership organisation open to all. It is a Scottish Registered Charity and works on social, economic and environmental projects that help to build strong, resilient communities in the Gairloch and Loch Ewe area. Become a member to support our work or contact us to find out more about any of our projects.

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